

## Drug-Nutrient Interaction (AK 35-USDA 357)

### Explain to Participant

You're enrolled in the WIC program today because a prescription or over-the-counter drugs or medications that you told us you are taking could interfere with your nutritional status. The drug treatment of a disease or medical condition may itself affect nutritional status. Some of the possible nutrition-related side effects of drugs include, but are not limited to, altered taste sensation, gastric irritation, and lack of appetite.

### Goal

The goal is to eat an adequate diet and to help you avoid or learn to manage drug-nutrient interactions.

### Suggestions for Reducing Risk

Refer to a Registered Dietitian (RD).  
Follow the recommendations of your health care provider.  
Speak or call your pharmacist.  
Explain the nutrition education material suggested.  
Drink 8 glasses of water every day.  
Ask your health care provider about exercise.

### Nutrition Education Material Suggested Explain Applicable WIC Foods

#### Using the Dietary Guidelines for Americans....for good health

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein
Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
Iron Fortified Infant Cereal	Iron

### Explain What the WIC Nutrients Can Do for You!

<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.

### Materials with More Information